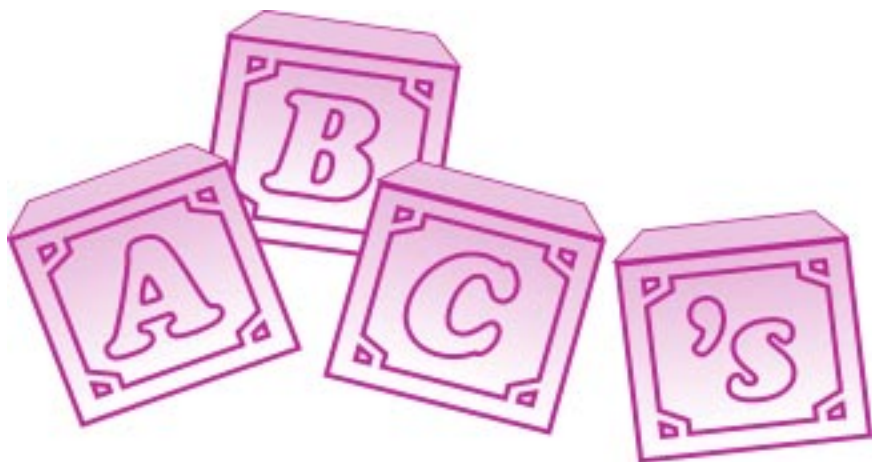


# The



# Of Teaching Your Baby To Use A Cup

For:



## SWITCHING TO A CUP



**Helps prevent tooth decay**

**Helps your baby become independent**



## LEARNING TO USE A CUP

**Your baby is ready when he:**

- ❖ Sits up without help.
- ❖ Eats a variety of foods and is beginning to feed himself.
- ❖ Learns to crawl or walk.



## STEPS TO EASIER CUP DRINKING

(check when done)

- ☐ When your baby is 5 to 7 months old, let him hold an empty plastic cup to get used to it.
- ☐ When your baby is ready for juice ( 6 to 7 months), offer small amounts from the cup. Limit infant fruit juice to 4 ounces a day for your baby.
- ☐ You can also offer your baby small amounts of breast milk or formula from a cup.
- ☐ Help your baby drink from the cup.
- ☐ At about 8 to 9 months, replace your baby's least favorite bottle feeding with the cup.
- ☐ Replace other bottle feedings one by one during the next few months.
- ☐ Your baby may want the bottle for comfort and not for hunger. Comfort your baby by reading a story, singing, or rocking.



## REMEMBER

- ❖ Switching from a bottle to a cup takes a few months and involves some spills. Have patience during this time.
- ❖ Weaning will be easier if you have never put your baby to bed with a bottle.
- ❖ Start weaning when your baby is well. Delay a little if he becomes ill during this time.
- ❖ Expect your baby to take less formula during this time. Add formula to his food and use milk products like cheese and yogurt.
- ❖ Keep your baby on an iron fortified formula until he is 12 months old, even if he drinks from a cup.
- ❖ Your baby should be off the bottle and completely using a cup by about 12 months old. An older child is harder to wean.
- ❖ Breastfeeding is encouraged for 12 months and longer if desired. If you have questions about weaning a breastfed baby, ask the nutritionist at your local health department.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



Tennessee Department of Health  
Authorization No. 343400  
No. of copies: 100000  
This public document was  
promulgated at a cost of \$.04 per  
copy.  
DH-0094 (12/01)